



'Till We Meet Again!

Week of August 22 and 23, 2020

REFLECTION FOR THURSDAY, AUGUST 13, 2020:

²⁶But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. ²⁷But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

²⁸Peter answered him, "Lord, if it is you, command me to come to you on the water."

Matthew 14:26-28

Greetings and peace my friends!

I would like to join my voice with the voices of so many within our community of faith to thank Vicar Jamie Edelman for sharing such a wonderful message with us this past weekend. For those of you who did not have an opportunity to hear our Vicar's message, she shared that it took incredibly Bold Faith on the part of Peter to follow Jesus' invitation to step out of that boat. She then shared with us that Jesus invites each one of us to have bold faith and share in the proclamation of God's love with the world.

Today I thought it would be fun to share with you just a small sampling of the "bold faith" that I bear witness to in our community of faith.

Last week a brother in Christ in our community prepared and shared a lunch and water with a utility worker whose truck broke down near his house



and was waiting for repairs during a hot and steamy summer day. "Bold Faith."

The picture above is taken from one of our sisters in Christ who publicly shares messages of hope, peace in love in her community through sidewalk art. Each time it rains and the water washes "her canvas" she lovingly prepares another message. "Bold Faith."

A young person in our community of faith is now actively engaged in creating a "walk up" food pantry for those in the area who may need food. "Bold Faith."

A grand daughter in seeing her grandmother for the first time in four months joyfully ran into her grandmother's arms before anyone could her and gave her a big kiss. "Bold Faith."

A sister in Christ who serves on our Home Communion Ministry team calls the sisters and brothers in Christ who she normally brings Holy Communion to on a weekly basis to make sure that they are doing well. "Bold Faith."

A brother in Christ continues to work on Habitat for humanity houses, while others within our community of faith continue to serve local food pantries and feeding ministries through-

out the city of Bethlehem. "Bold Faith."

Indeed our Lord calls us all to have a "Bold Faith" joining Christ in sharing the great love that God has for the world and how we enact

that “Bold faith” is as different as each person who hears Christ’s invitation. Remember, “Bold Faith” is only available to us because our Lord has promised to “have our back!” God promises to support and encourage us in our times of prosperity and in our times of human failings!

Our God is good, and we have each been blessed by our God to be blessings in the world around us! What actions of “Bold Faith” have you borne witness to in the recent weeks?

For now,

Keep Trusting God, keep washing those hands, and be at peace with our Lord and with one another as you share your Bold Faith with the world!

PJ

REFLECTION FOR TUESDAY, AUGUST 18, 2020 MUTUAL RESPECT AND LOVE

Matthew 18:15-16

“If another member of the church sins against you, go and point out that fault when the two of you are alone. If the member listens to you, you have regained that one. But if you are not listened to, take one or two others along with you, so that every word may be confirmed by the evidence of two or three witnesses.

Part of seminary training for every ordained pastor in the Evangelical Lutheran Church in America (ELCA) is a unit of Clinical Pastoral Education (CPE). During CPE we learn about ourselves and how to provide pastoral care to others. Pastors who specialize in chaplaincy do at least two additional units of CPE and because I thought about being a chaplain, I did an extra unit of CPE. I was blessed to be at Lehigh Valley Hospital for both units of CPE. CPE usually has a group of four or five participants with a certified chaplain supervising the group.

During my second of unit of CPE one of

the members of my group was Richard and I had real issues with him. Our theologies were diametrically opposed, his view of women as clergy was not welcoming, and I guess the best way I can put it is that I really did not like him. Eventually my supervisor challenged me to deal directly with my feelings for Richard. During group one day I told him that I really did not like him. From that statement we began to have an honest talk about our feelings and issues. At the end, I came to respect him and although I can not sincerely say that I liked him as a person, I found a way to work with him for the remainder of the unit.

You may be wondering why I am telling you this story. It was difficult to talk directly with Richard about my issues and feelings toward him. And it was absolutely the right thing to do. When we have an issue or concern with an individual, Jesus teaches us that we need to



go to that person to try to work it out. It is sound advice, yet often we don’t take that advice. We complain to others and we avoid conflict at all costs. Totally human responses and ones that we all share. And yet, that is where so many problems begin, gos-

sip takes place, sides are drawn, and feelings are hurt.

As Christians we are called to follow Jesus and that often means following a difficult and challenging path. It was not easy to tell Richard how I felt and yet it was absolutely the right thing to do. In the end we could agree to disagree and still work together for the good of our patients and colleagues.

My sisters and brothers, we are entering into talks on how we might formally come together as one community of faith. Along the way we will have many disagreements with each other. It will not always be easy, and some conversations will be difficult. My hope

and prayer is that we will follow Jesus and when we have an issue with one another we will talk one to one with the person. Hopefully, we can resolve the issue and if not, then we can agree to disagree and move forward.

I trust you to talk to me when you have a concern with something I have said or done. I can assure you that I will talk to you, one to one, if I have a concern. At the end I am perfectly willing to agree to disagree if we each feel compelled to maintain our position on an issue. Let us recognize that together we are stronger than we are as individuals. We are coming together so that we can spread the Good News of God's love and forgiveness to all peoples. And that commission is more important than any one of us. We don't have to agree on everything, and we won't, and we can still form relationships built on mutual respect for the good of the community.

In Peace,
Pastor Suzanne

PARTING SHOTS

(Yes, I mean those kinds of shots!)

It seems as if a perfect storm may be approaching. In the chapter entitled "Vaccines and Other Stuff" it was discussed that influenza is with us year round. However, flu makes itself known mostly from October through May, with the peak of the season being December through February. This year it seems as if "flu season" is going to collide with Covid-19.

If you become ill, how will you know which disease has found you? The table below outlines the most common symptoms of each disease:

INFLUENZA	COVID-19
Chills and fever	Chills and fever
Body aches	Body aches
Cough	Cough
Sore throat	Sore throat
Headache	Headache
Fatigue	Fatigue
Vomiting & diarrhea	Vomiting & diarrhea



You – "Ah, wait just one minute! Those symptoms are exactly the same."

Me – "Yes, they are. So I go back to my original question. How will you know which disease has found you?"

The only way to know which disease has found you is to be tested. I suspect people who become ill this flu season will be tested for both diseases in order for the physician to know which you have and treat you appropriately. There is, however, one way you can help yourself, your family and friends, and your physician this year. And that is to get a flu shot.

Okay, so this is coming from someone who, up until about 5 years ago, did NOT get a yearly flu shot. Seriously?! You're a nurse who worked in a hospital and didn't get flu shots? Yup!

I grew up watching my dad get flu shots every year. And every year, just like clockwork, he would have a fever, chills, and body aches within 48 hours of having his shot. Why on earth would I want to get a flu shot when they made him sick?! To quote my mother, "Live and learn." So I learned.

I learned that side effects from flu shots include: fever, chills, headache, and body aches. Why? Because the vaccine is doing exactly what it is meant to do...it is creating an immune response. The vaccine is kicking the body's immune system into action so that, if/when it encounters a sneaky flu cell, it can say, "Hey! I know you! You aren't welcomed here! Watch this!" as it goes into action to destroy the flu cell. It is the ramping up of the immune system after the shot which can result in the above symptoms, and not that one "gets the flu" from the shot.

Another reason I didn't get a flu shot was because, quite frankly, I DON'T LIKE SHOTS. There is a HUGE difference between GIVING a shot, and GETTING a shot. In my mind it is a matter of "tis better to give than to receive". And I'd much rather give a shot than receive one. (Just being honest here...)

At any rate, when my employer began

saying that staff that refused flu shots would have to wear a mask, all day, every day, for the entire flu season, I decided it was time to bite the bullet. I've gotten flu shots every year since. And I'm still here to tell about it!

Will getting a flu shot prevent one from getting the flu? Unfortunately, no. Each year scientists/physician scientists research which strains of influenza are likely to be prevalent that year. A flu vaccine is then manufactured that contains two (2) A strains and two (2) B strains of influenza. Sometimes the flu has other ideas and the vaccine is less effective than intended. Effectiveness of the flu vaccine fluctuates every year, with 50% effectiveness being a good vaccine year.

That really shouldn't deter anyone from being vaccinated, though. Even in those years when the flu vaccine isn't especially effective at preventing the flu, there is evidence that the severity of illness in those who have been vaccinated is less than in those who have not been vaccinated.

Another issue that comes into play with flu vaccines is that the virus genome changes. Influenza viruses are similar in structure to SARS-CoV-2. A flu virus is a round(ish) structure of RNA, enveloped in a lipid (fat) layer, with spike proteins protruding through the surface of the cell. The virus is capable of combining with other viral cells, trading genetic material, and recombining to form what is, essentially, a new virus.

Additionally, influenza immunity declines over time. It is the declining immunity, the changing virus, and over 130 known influenza virus combinations that create the situation where flu vaccines need to be a yearly ritual.

It takes approximately two (2) weeks for the flu vaccine to become effective. In order to be protected by the time flu season, and especially peak flu season arrives, the ideal vaccination time is September and October.

As for a Covid-19 vaccine, as discussed in "Vaccines and Other Stuff", that is still in the works. There are at least two(2) vaccines in the US that have entered phase 3 clinical trials. Fil-

tering out as much hype as possible, it is my opinion that it will be late 2020 or early 2021 before a Covid-19 vaccine is ready for prime time, large scale distribution.

That being said, when such a vaccine hits the market, it is very likely that, at least initially, quantities will be limited. By that I mean that there will not be 330,000,000 doses available so every person in the United States can walk into the doctor's office and get a shot. There are a number of panels within the NIH (National Institute of Health), NAM (National Academy of Medicine), CDC (Centers for Disease Control), etc. who have been tasked with developing a plan for the distribution of the vaccine.

I cannot stress enough the importance of receiving a flu vaccine this fall. I would encourage everyone, after consulting with your physician, to roll up that sleeve and get a flu shot this year. I know I will. I will also be in line, when it is available, to roll up my sleeve and get a Covid-19 vaccine. Remember, these vaccines will not only protect you, they will also protect those you love. And in the meantime:

PRACTICE PHYSICAL DISTANCING

AVOID CROWDED INDOOR PUBLIC PLACES

AVOID CROWDED OUTDOOR PUBLIC PLACES

STAY HYDRATED (allow your 1st line of defense, your skin and mucus membranes, to do their job!)

WEAR A FACE MASK THAT COVERS YOUR NOSE and MOUTH (masks with valves are not suitable because they provide a juicy spot for potentially infected exhaled, as well as inhaled, air to concentrate for viral transmission; face shields are also not suitable for the same reason; if you use a face shield it should be in conjunction with a mask)

WASH YOUR HANDS, WASH YOUR HANDS, WASH YOUR HANDS

Information from: CDC (Centers for Disease Control)

- NIH (National Institute of Health)
- NAM (National Academy of Medicine)

Written by Donna Musselman, Parish Nurse

WRAP UP

Wearing a face mask is the single most effective behavior we can practice in order to mitigate the transmission of Covid-19. In the past several days I have been able to find more information concerning studies done on the effectiveness of different types of face masks. The information comes from the physics department at Duke University, NEJM (New England Journal of Medicine), and a 2019 Scientific Reports published by Nature.

The physics department at Duke tested 14 commonly available masks. Each type of mask was tested ten (10) times during regular speech versus speech with no mask. The results are as follows:

The least effective mask was the neck fleece, or gaiter. The study showed that use of the neck gaiter actually produced more aerosolization during speech than that which occurs when no mask is used. It is the opinion of the researchers that the mask material breaks down the exhaled droplets into much smaller aerosolized particles that remain in the air longer and travel further.

Folded bandanas (ala Jesse James robbing a bank) and knitted masks also fared poorly.

3-layer surgical style masks, as well as 3-layer cotton masks, performed quite well. N-95 masks were the most effective in minimizing the transmission of aerosolized, exhaled air.

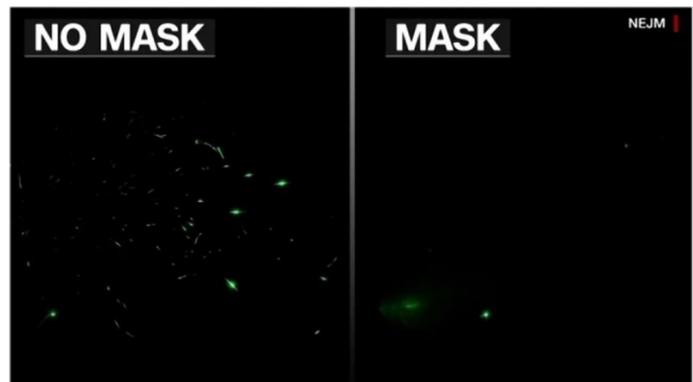
Face masks with valves, while seemingly providing easier breathability, do not provide protection for either the wearer or anyone else. The valve results in a stream of exhaled air that has the potential to be a concentrated stream of contamination should the wearer have Covid-19. The valve also provides a path to inhale potentially contaminated air expelled by others.

Similarly, a face shield also does not provide adequate protection. The open sides and bottom of a face shield allow for exhaled to escape or inhaled air to gain access to the wearer. A face shield certainly provides protection to the wearer's eyes in the event of a close face-to-

-face encounter, such as in an emergency room setting or by EMT's in the field. However, if you notice in those photos, those 1st responders also wear a face mask under the shield.

In the February 2019 Scientific Report by Nature, the results of a study were shared that showed aerosolization during speech. When speaking quietly an average of 6 particles/second is emitted by a speaker. When speaking loudly, but not so loud as to be yelling, 53 particles/second is emitted by a speaker. Now picture a packed room full of people, all taking simultaneously, and wanting to be heard by the person or group of friends they are with: such as in a bar. Few people are wearing a mask. Now multiply the 53 particles/second for each person speaking. Get the picture?

Below is a photo I was able to find in the NEJM (New England Journal of Medicine) of aerosolization during speech both with and without a mask:



Who would you prefer to be standing near?

Again I will remind us all that Covid-19 is, indeed, a novel (new) virus. We are all learning as we go. Every day brings new information that has the potential to change our behaviors as we work through this pandemic. As a speaker on the last APHA (American Public Health Association) conference (Managing Ongoing Surges: Lessons from the Front Lines) I listened to said, "We are building the airplane as we fly." Think about that that statement. I'd prefer to know that the plane I enter is intact and ready to fly without the chance for any issues.

By the same token I'd prefer to think

that my physician knows everything about every disease and every body he/she cares for. Yet what I can say, with certainty, after 49 years in health care, is this: knowing everything about every disease and every person is impossible; while we may all be built alike we are not all built alike; with the average human body containing 30,000,000,000,000 (that's 30 Trillion) cells, there is no way we are all the same. And so we continue to learn as we go...about everything...and especially about Covid-19.

Many Thanks!

As I write what is the last of the information that is currently available, I realize I need to thank many people who have helped me along the way. Without the research of hundreds, if not thousands of scientists, physicians, physician researchers, engineers, and a plethora of others, I would not have been able to assemble the puzzle pieces that are Covid-19. Those thanks go out to:

- NIH (National Institute of Health)
- NAM (National Academy of Medicine)
- CDC (Centers for Disease Control)
- WHO (World Health Organization)
- APHA (American Public Health Association)
- NAE (National Academy of Engineering)
- The UPG's very own Tom Sarver – Tom provided much needed information on the mental health aspects of dealing with the stresses involved in living through isolation caused by the pandemic
- Dr. Jeffrey Jahre, Vice President of Medicine and Academic Affairs, St. Luke's University Health Network, Infectious Disease Specialist – Dr. Jahre was gracious in taking and returning my phone calls in order to help me understand some of the information I was confused about; he was a valuable soundboard for my thoughts and helped to keep me on the right information pathway
- Diane Botbyl, Administrative Assistant to Dr. William Burfiend, Chief, Department of Surgery at St. Luke's University Health Network, and good friend – Diane was the per-

son I would contact to reach Dr. Jahre. And although it was not her department, the 2 offices are down the hall from each other and she graciously took on the task of being the go-between for Dr. Jahre and me.

- Kelly Cascario, Administrative Assistant to Pastor Jerry, who was responsible to get these articles out to the parish via broadcast email and print
- Pastor Tom Keener, who made it possible for these articles to appear on the UPG web site
- Dr. Victor Dzau, President, National Academy of Medicine, who, upon receiving a forwarded email of one of the articles, took the time to respond
- Dr. Alton Romig, Jr, Executive Officer of the National Academy of Engineering, my brother, who provided the initial information about the APHA on-line seminars (www.covid19conversations.org) that got this ball rolling; who continues to send me information from the multiple National Academies that pertain to the pandemic; who has acted as a soundboard; who has read all the articles and continues to encourage me through his feedback on them; and who took it upon himself to forward one of the early articles to Dr. Dzau
- To all of you, who have had to abide all this writing.

In closing I'd like to leave you with a few tips:

- Wear a face mask!
- Avoid crowded indoor spaces
- Avoid crowded outdoor spaces where physical distancing isn't possible
- Stay hydrated
- Maintain at least 6 feet of distance when in the presence of people not from your place of residence
- Get a flu shot!
- Oh, did I say, Wash your hands, wash your hands, wash your hands!

May God's peace be with us all as we journey through these rough waters of the pandemic. And when it is time, and we are encouraged to step out of the boat, may we all find

the courage and trust to do so. (Thank you Vicar Jamie for the idea!)

Written by Donna Musselman, Parish Nurse

SCHOOL SUPPLIES

Area teachers are in need of the following items for their students and classrooms. If you would like to donate some items please bring them to worship at the Lutheran Center, Sundays at 9:30 AM weather providing and place in the bins marked school supplies. Thank you very much for your support of area students and teachers. We will collect supplies through Sunday, August 30, 2020. Any questions or to request some supplies please see/call Lynn Terry - 610-554-4090. If you are unable to attend church at the Lutheran Center, the school supplies can be placed on the back porch in a designated bin on the Light of Christ campus.

- plastic pencil cases
- child-friendly scissors
- glue sticks
- crayons - individual packs
- red, green, yellow, blue folders
- red, green, yellow, blue one subject notebooks
- composition books
- notecards
- pencils
- pens
- mechanical pencils
- markers
- colored pencils
- black dry erase markers
- highlighters
- pencil erasers
- rulers
- notebook paper
- assorted sizes of Ziploc sandwich bags
- gallon size Ziploc bags
- electric pencil sharpeners
- socks for erasing white boards
- adult scissors
- Velcro strips/dots
- magnetic tape
- packing tape



LAY EUCHARISTIC VISITORS TRAINING

SEPTEMBER 19

OCTOBER 3

LCS will host two virtual trainings for Lay Eucharistic Visitors in fall 2020. Choose Saturday September 19, or October 3, 2020. Fee for the training is \$25. Those participating will be mailed a guidebook prior to the training. Participants will be asked to read sections of the text prior to the training day (instructors for both sessions are ELCA pastors). Instructors will be using Zoom to deliver the training, which will last about two hours. Participants will be asked to complete some follow up work and a final virtual check-in before the training certificate is issued. Training will include options for how to deliver the Eucharist in times of social distancing.



CHRISTMAS INGATHERING

For the 2020 Ingathering, the UPG has committed to “gathering” 180 tubes of toothpaste, 75 bottles of lotion and 75 women’s personal care items. Our collection will not begin until the 1st weekend of October. If you wish to purchase items in the meantime, please put them aside in your Pantry bag or other bag and bring your contributions to worship on October 4th (or any time after that). There will be more details about the Ingathering at a later time.



PLASTIC BAGS

Thanks for bringing in your collection of plastic bags. Our collection is growing by leaps and bounds. Please keep them coming and out of the landfill. If you would like to help with the project of transforming the bags into sleeping mats for the homeless when our Day of Service is scheduled, please call or email Linda Maule (610-258-5006; maule@ptd.net).

THANK YOU LETTERS

NORTHEAST COMMUNITY CENTER

Dear friends of Northeast Community Center,
Thank you so much for your recent donation of children's activities, freeze pops and green beans to our agency. We are so grateful for this donation as it will be used to distribute to families who visit our pantry and children of the community. Your ongoing support and advocacy means so much. Thank you for believing in our mission and helping us meet the needs of our community.

With gratitude,
Grace Young



NEW BETHANY MINISTRIES

July 16, 2020

Dear Pastor Kulp:

Thank you to you and your congregants for your donation of \$500.00 to New Bethany Ministries food pantry, in support of your neighbor in need.

New Bethany Ministries is a community of hope and support, serving over 9,000 people annually. We do this with less than 20 staff, which means our community of 1,000 volunteers and 4,500 financial contributors are essential to our continued work in Bethlehem and the Lehigh Valley.

In particular, your donation at this time is of utmost significance as we manage the local impacts of the Covid-19 (Coronavirus) outbreak. New Bethany Ministries has not closed its doors and we are witness to an increase of community needs. Your support keeps our doors open and we thank you.

If you have any questions, would like to talk, or want to hear more about

our work, do not hesitate to contact me directly. I'd love to reconnect.

Kind regards,
Marc Rittle
Executive Director
New Bethany Ministries

IN PERSON OUTDOOR WORSHIP

Sunday, August 23, and 30 at 9:30 AM (weather permitting) at the Lutheran Center in Northeastern Pennsylvania, 2354 Grove Road, Allentown PA 18109-3044

Things to Bring: Chair (or you may stay in your car); Face mask; Sunscreen or umbrella for shade; Water or refreshments; Restrooms will be available to folks attending worship.

Directions: Exit Route 22 at the exit for the Lehigh Valley Airport, Route 987 north. Drive 1.5 miles to Grove Road on the right. Turn right on Grove Road. Drive approximately ¼ mile, and the Lutheran Center will be on the right. (If you are coming from Schoenersville Road, turn left on Grove Road. The center is located between Schoenersville Road and Airport Road.)

Call either of the below church offices with any questions:

Light of Christ Lutheran Church 610-691-2321
St. Peter's Evangelical Lutheran Church 610-867-0519

